



Ramstein Roundup

Important announcements & activities

22 June 2021

Important Contact Information

AADD: 0152 5172 3356
A&FRC: 06371 47 5100
Chaplain: 06371 47 2121
DAVA: 0713 628 4624
EO: 06315 36 8534
Family Advocacy: 06371 46 2370
IG: 06371 47 3190
Mental Health: 06371 46 2390
Military Family Life Consultant:
0176 1057 2634
0176 1040 7713
0176 1736 8898
0172 379 6046
OSI: 06371 47 5779
SARC: 01728 21 4871
86 SFS: 06371 47 2050
569 SFS: 06315 36 6060

Looking for things to do?
Check out the below
links!

<https://86fss.com>
<https://kaiserslautern.armymwr.com/>
<https://baumholder.armymwr.com/>
<https://86fss.com/was-ist-los/>

Weekly Overview

(Click to jump to section)

- **FLEX (Facility & Leadership Excellence) FORUM**
- **Mission Essential Blood Drives**
- **Fitness Guidance Chart & FAQ**
- **Professional Development Center Events**
- **Speed Mentorship/Records Review**
- **Airmen & Family Readiness Center Activities**
- **What's happening at our Libraries**
- **Friendship Day at the Ramstein Community Center**
- **Teen and Youth Center Events**
- **Discover Golf at the Woodlawn Golf Course**
- **Check out our USO activities**
- **Summer Youth Drama Camp**
- **Pulaski Automotive Skills Center Drop-Off**



FLEX FORUM

Class of 7 June 2021 to 20 June 2021

INSTALLATION EXCELLENCE

FLEX Airmen are close to completion of the Donnelly Park Powerwashing Initiative. We have completed weed-burning of various SQ's parking lots, and are currently preparing to weed hack the PAX Terminal backside. FLEX Teams have completed 2 sweeps of the Dormitory Pond, followed with bi-daily cleanings of the BX. And next week, Chapel cleanings are being planned. (Pictured below A1C Ojeda, Robichaud, Thiele, Hartman)



FLEX AIRMEN RECOGNIZED!

Last week 3 **OUTSTANDING** FLEX Airmen (A1C Sharver 86 SFS, A1C McIver 603 ACOMS, & A1C Howett 86 CS) were coined by the OIC of 721 APS Special & Cargo for their **#FLEXcellent** planning & initiative in a specialized cleaning of the SQ's Parking Lots & DV Parking Area ☺

Are you an Airman looking to expand your leadership skills, network with other AFSC's, and contribute to the base? **Then we want YOU!** Please contact:

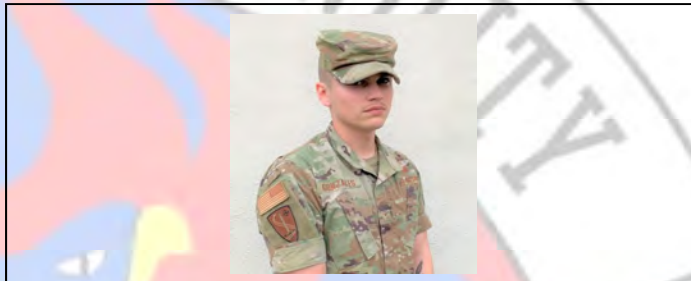
SrA Frick: james.frick.1@us.af.mil / DSN: 480-7768

SrA Bishop: william.bishop.10@us.af.mil

WHAT IS THE “FLEX FORUM”?

The FLEX Forum is a bi-weekly newsletter from the 786 CES Facility and Leadership Excellence Team on what YOUR Airmen are learning, participating, and contributing too. From our daily base beautification, to our “Mini-mentorship” sessions, and projects as well. The FLEX Forum makes sure YOU stay informed on how we are contributing to a better base, while investing in the future leaders of the Air Force.

#FLEXFamily



OUTSTANDING FLEX ALUMNI

A1C Nickolis Gonzales (pictured above) of the 86 AW/HC is a former FLEX Team member who lives the **#FLEXFactor** of Effectively Communicating & Creating Genuine Connections. He is the Chaplains Assistant **FOR 10 SQ's** within USAFE, AF-AFRICA, & NATO. He recently won Amn of the Quarter for WSA, AND contributes to FLEX **weekly** providing resiliency tools and agencies to help with Airmen's stressors and adjustment to life overseas. **THANK YOU A1C Gonzales!**



MINI-MENTORSHIP

We have had some **LEGENDARY** Guest Mentors over the past week that we would like to give a massive shout-out too: THANK YOU Col. Meeker, Lt. Col. Gibson, 1Lt. Houston & 1Lt. Choate-Houston, CMSgt Childers, & CMSgt Boubede for investing in the Airmen on topics such as effective communication skills, accountability, fostering workplace creativity, calculated risk-taking, & empowering yourselves & others to excel.

DID YOU KNOW...?

The Ramstein Facility & Leadership Excellence Team also covers Vogelweh, Kapaun, and Landstuhl! ☺



Fitness Guidance due to COVID-19 Due Date Matrix

Current as of 2 April 2021

Official Physical Fitness Assessment Due Date Matrix EXCELLENT SCORES			
DATE OF LAST IN-PERSON FITNESS ASSESSMENT	COVID-19 EXEMPT	COVID-19 EXEMPT	DUE DATE OF NEXT FITNESS ASSESSMENT
Mar 2019	Mar 2020	Mar 2021	Mar 2022
Apr 2019	Apr 2020	Apr 2021	April 2022
May 2019	May 2020	May 2021	May 2022
Jun 2019	Jun 2020	Jun 2021	June 2022
Jul 2019	Jul 2020	N/A	July 2021
Aug 2019	Aug 2020	N/A	Aug 2021
Sept 2019	Sept 2020	N/A	Sept 2021
Oct 2019	Oct 2020	N/A	Oct 2021
Nov 2019	Nov 2020	N/A	Nov 2021
Dec 2019	Dec 2020	N/A	Dec 2021
Jan 2020	Jan 2021	N/A	Jan 2022
Feb 2020	Feb 2021	N/A	Feb 2022
Mar 2020	Mar 2021	N/A	Mar 2022

Official Physical Fitness Assessment Due Date Matrix SATISFACTORY and PASS SCORES				
DATE OF LAST IN-PERSON FITNESS ASSESSMENT	COVID-19 EXEMPT	COVID-19 EXEMPT	COVID-19 EXEMPT	DUE DATE OF NEXT FITNESS ASSESSMENT
Sept 2019	Mar 2020	Sept 2020	Mar 2021	Sep 2021
Oct 2019	Apr 2020	Oct 2020	Apr 2021	Oct 2021
Nov 2019	May 2020	Nov 2020	May 2021	Nov 2021
Dec 2019	Jun 2020	Dec 2020	Jun 2021	Dec 2021
Jan 2020	Jul 2020	Jan 2021	N/A	Jul 2021
Feb 2020	Aug 2020	Feb 2021	N/A	Aug 2021
Mar 2020	Sep 2020	Mar 2021	N/A	Sep 2021

Official Physical Fitness Assessment Due Date Matrix UNSATISFACTORY and NON-CURRENT SCORES	
DATE OF LAST IN-PERSON FITNESS ASSESSMENT	DUE DATE OF NEXT FITNESS ASSESSMENT
Mar 2019 – Mar 2020	Jul 2021

FITNESS CATEGORIES	
Excellent	All Components have been tested and the member received a score 90 or higher
Satisfactory	All Components have been tested and the member received a score 75 to 89
Pass	Member Passed the Components with an Exemption in one or more Components
Unsatisfactory	All Components have been tested and the member didn't pass one or more components
Fail	Member failed one or more Components with an Exemption in one or more Components
DNF	Didn't finish the Assessment

** The physical fitness assessment will consist of the aerobic and muscular fitness components. Abdominal circumference will not be a scored component, and height/weight will be taken only as a record of measurement for data collection.*

**Waist measurement will be separate from the fitness assessment, but will resume after 1 Oct to comply with the DoD requirement for body mass measurements.*



Fitness Guidance due to COVID-19 Frequently Asked Questions

Current as of 2 April 2021

Q1: Are there any installation/environments this guidance does not apply?

A1: No, this guidance applies to ALL military members regardless of their location.

Q2: I am due for my fitness assessment between 1 March 2020 and 30 June 2021; do I need to take my fitness assessment?

A2: No, effective immediately, official fitness assessments have been suspended until 30 June 2021 and will resume July 2021. Please review the [Official Physical Fitness Assessment Due Date Matrix](#) to verify your next fitness due date.

Q3: How do I make sure my record is updated in AFFMS II?

A3: Please contact your UFPM or FAC to verify that AFFMS II has been updated. FACs must ensure AFMMS II is updated to reflect a Commander Composite Exemption on each member who is due for their Official Fitness Assessment 1 March 2020 through 30 June 2021.

Q4: Does a Commander Composite Exemption render a member ineligible for promotion?

A4: No, however, please refer to the Enlisted Promotions FAQs during COVID-19 Restrictions located on myPers.

Q5: I had a failure or was non-current prior to the COVID Fitness Exemptions. Am I now eligible for promotion?

A5: This is at a commander's discretion. Please refer to the Enlisted Promotions FAQs during COVID-19 Restrictions located on myPers.

Q6: I am a guardsmen and had a failure or was non-current prior to the COVID Fitness Exemptions. Am I eligible for promotion?

A6: NGB/A1 will publish an updated Policy Guidance Memorandum (PGM) for promotion impacts due to FA suspension for guardsmen.

Q7: If I am overdue (non-current) for my Fitness Assessment or received an Unsatisfactory score prior to the COVID Fitness Exemptions (1 March 2020), when will I be required to take my Fitness Assessment?

A7: Airmen who are non-current or have an unsatisfactory official physical fitness assessment will test in July 2021.

Q8: If I am due to PCS between 1 July 2021 and 31 August 2021 and will be due to accomplish my Fitness Assessment, will I receive 42-days for reacclimation?

A8: Yes, members who are due to accomplish their Fitness Assessment and PCS between 1 July 2021 and 31 August 2021, will receive a 42-day reacclimation at the new duty location. Airmen who PCSd during COVID exemptions will test in accordance with the matrix. Starting 1 September 2021, Airmen will follow FA currency guidelines for PCS in accordance with AFI 36-2905, *Fitness Program*, paragraph 5.2.5.



Fitness Guidance due to COVID-19 Frequently Asked Questions

Current as of 2 April 2021

Q9: I completed my Fitness Assessment prior to my deployment and will be due during the COVID exemptions (1 March 2020 thru 30 June 2021) which includes the 42 days for Post Deployment Reconstitution (90-days for non-AGR/ARC). Will I be placed in an exemption status due to the current COVID restrictions and when am I required to complete an in-person Fitness Assessment?

A9: Airmen who returned, or will return, from deployment between 1 February 2020 to 30 June 2021, and are due for a fitness assessment either upon their return or during the COVID-19 fitness suspension (1 March 2020 thru 30 June 2021), will be given an exemption in AFFMS II. Airmen will resume testing after their 42-days reacclimation period (90-days for non-AGR/ARC) or in-line with the matrix, whichever is later. Example: If Airman returned from deployment on 25 February 2020, and received a composite deployment exemption while deployed, Airman will accomplish fitness assessment in-line with fitness matrix. FACs must ensure that AFMMS II is updated to reflect a Commander Composite Exemption for these applicable Airmen.

Q10: I failed my Fitness Assessment before deploying and was marked Exempt for the duration of my deployment. I would normally be due to complete my Fitness Assessment upon return from the deployment (adding 42 days for post deployment reconstitution [90-days for non-AGR/ARC]). This would make me due during the current COVID exemptions (1 March 2020 – 30 June 2021). Since I am unable to complete my Fitness Assessment at that time, when will I be required to complete an in-person Fitness Assessment?

A10: Airmen who were non-current or had an unsatisfactory official physical fitness assessment prior to deployment will accomplish their FA at the conclusion of their 42-day reacclimation period (90-day for non-AGR/ARC) or starting 1 July 2021, whichever is later. Example: If Airman returns June 2021 from deployment, their test will resume at the conclusion of their reacclimation period. If Airman returned March 2021, testing will occur in July 2021.

Q11: Will any other category of Airmen receive 42-days reacclimation once these exemptions are lifted?

A11: No, all other Airmen will not receive 42-days for reacclimation unless PCSing between 1 July 2021 and 31 August 2021, or having returned from deployment as outlined in Q9 and Q10.

Q12: Can members volunteer to complete their Fitness Assessment in lieu of the current exemption?

A12: Fitness assessments conducted before 1 July 2021 should be by exception only and based on the member's request and commander's approval. Commanders should consider appropriate health and safety guidelines, available personal protective equipment, and other required equipment.

Q13: Are exemption MFRs required for each member?

A13: No, FAC personnel will use this updated guidance to place members in a Commander Composite Exemption status.



Fitness Guidance due to COVID-19 Frequently Asked Questions

Current as of 2 April 2021

Q14: What actions should Commanders take prior to resuming physical fitness assessments?

A14: Before resuming official physical fitness assessments, commanders should:

- Perform local risk assessments in consultation with Public Health authorities.
- Adhere to current Centers for Disease Control and Prevention, Environmental Protection Agency, Force Health Protection and local and state official's guidance.
- Establish and implement appropriate physical distancing procedures as it pertains to official fitness assessments and ensure they are rigorously followed.
- Elevate any risk to force through existing processes and procedures.
- Procure appropriate personal protective equipment for health and safety (gloves, masks, and sanitizing supplies).

Q15: What are the testing timelines?

A15: Please refer to the Official Physical Fitness Assessment Due Date Matrix.

Q16: I was on a pregnancy exemption and my last Physical Fitness Assessment was conducted prior to March 2019, when will I be required to complete my Fitness Assessment? If your scenario does not align with the below response, please reach out to your Fitness Assessment Cell for guidance.

A16: Members who received a satisfactory or excellent score on their last fitness assessment and whose postpartum profile has or will expire during the COVID-19 fitness suspension (1 March 2020 thru 30 June 2021), will test one year after expiration of the postpartum profile or July 2021, whichever is later. (Example, if your postpartum profile expired in April 2020, you will test in July 2021. If your postpartum profile expired in November 2020, you will test in November 2021). If you received an unsatisfactory score on your last assessment and your postpartum profile expires during the COVID-19 fitness suspension (March 2020 thru 30 June 2021), you will test in July 2021. Note: If your postpartum profile expired in March 2020, and you did not accomplish your FA prior to cancellation of fitness assessments/FAC closures, you will test in July 2021.

RAMSTEIN PROFESSIONAL DEVELOPMENT CENTER

June/July/August 2021

CAREER ASSISTANCE ADVISORS

Photo Unavailable

SMSgt Codi Bowman



MSgt Yeleen Neeley-Volcy

Base Events

NCO Professional Enhancement Seminar (NCOPES) – 22 – 24 June

This is a three day seminar for NCO's (7-12 years TIS) who completed ALS at least three years prior and/or who have not yet attended the in-residence NCO Academy. Members will be immersed topics designed to augment and reinforce information taught in Basic Military Training, technical training, ancillary training, PME, and PACE material.

Location: Zoom

Duration: 3 Days

Registration: QR Code or Appt Plus link

Team Ramstein Flight Leadership Course – 13 – 15 July

Learn how to tackle those difficult situations, improve your management skills and become a better leader. All military and civilian current and future flight leaders are welcome. You won't want to miss this course!

Location: ****In-Person**** Ramstein Officer's Club Suites 1 & 2

Duration: 3 Days

Registration: Vectored Course ***Attendees will be contacted for registration***

SNCO Professional Enhancement Seminar (SNCOPEs) – 9 - 13 August

The SNCOPEs is a 5-day professional development seminar provided by the Career Assistance Advisors IAW with AFI 36-2670 and is offered to better help you transition into the SNCO tier. It is designed to provide newly selected Master Sergeants with an in-depth view of their increased supervisory, leadership, and managerial responsibilities. Attendance at the SNCOPEs is mandatory in order to attend the SNCO Induction Ceremony at the culmination of the week's events.

Location: ****In-Person**** Ramstein Officer's Club Suites 1 & 2

Duration: 5 Days

Registration: ***Attendees will be contacted for registration***

Contact Information:

Bldg. 2106 Room 215

DSN: 480-9472



<https://booknow.appointment-plus.com/9rm3mcns/>

Base Services

First Term Airman Course 15-18 June, 6-9 & 20-23 July, 3-6 & 17-20 August

The first term airmen course reinforces lessons learned in basic military training and technical training to prepare Airmen for their role in supporting their organization's mission. The course also provides Airmen a unique opportunity to develop their warrior ethos and continued expeditionary mindset. **All first term Airmen must attend the first term airmen course within 45 calendar days of arrival to first duty station IAW AFI 36-2670.**

Location: **** Hybrid**** Ramstein Professional Enhancement Center (Bldg. 2106 Room 217)/Zoom

Duration: 4 Days

Registration: QR Code or Appt Plus link

Enlisted Retraining Briefing – 10 June, 1, 15 & 29 July, 5 & 26 August

This briefing is open for enlisted members & supervisors that are looking for more information on the retraining, assignments, DSD opportunities and other special duties. After the briefing members will receive 1-on-1 counseling to help build a career plan based off of their DOS, DEROS and career goals.

Location: **** Hybrid**** Ramstein Professional Enhancement Center (Bldg. 2106 Room 217)/Zoom

Link: <https://www.zoomgov.com/j/16106075033?pwd=a2lZNGNRcURpdDhITUtMTnRjehEUT09>

Meeting ID: 161 0607 5033

Passcode: 543606

Duration: 1 Hour

Registration: QR Code or Appt Plus link

Bullet Writing – 26 June, 27 July, 24 August

This PDS focuses on how to properly build a solid bullet and take the impact to the next level. It is meant to hone and reinforce your writing abilities while ensuring you capture the big picture of all accomplishments.

Location: **** Hybrid**** Ramstein Professional Enhancement Center (Bldg. 2106 Room 217)/Zoom

Link: <https://www.zoomgov.com/j/16106075033?pwd=a2lZNGNRcURpdDhITUtMTnRjehEUT09>

Meeting ID: 161 0607 5033

Passcode: 543606

Duration: 1 Hour

Registration: QR Code or Appt Plus link

Informed Decision Seminar – 30 June, 28 July & 25 August

This seminar is intended for First & Second Term Airmen that are 9-12 months from their date of separation (DOS). Members will be briefed by the Career Assistance Advisors, Education Center, ANG, ARC, and A&FRC and be given an overview on the Air Force Benefit Fact Sheet.

Location: Ramstein Professional Enhancement Center (Bldg. 2106 Room 217) **** Hybrid**** Ramstein Professional Enhancement Center (Bldg. 2106 Room 217)/Zoom

Link: <https://www.zoomgov.com/j/16106075033?pwd=a2lZNGNRcURpdDhITUtMTnRjehEUT09>

Meeting ID: 161 0607 5033

Passcode: 543606

Duration: 3.5 Hours

Registration: QR Code or Appt Plus link

Career Assistance Advisor Notes:

- Did you know? We service all 3 wings at Ramstein and support multiple GSU's around the KMC. We also offer unit trainings, please contact us at DSN: 480-9472 to schedule a Career Assistance Advisor briefing or training.
- Did you know? All of our courses and classes are available to military and civilians.

Total Force Development Council (TFDC) Base Events

Open to all military and civilians

Good Leaders Ask Great Questions – 10 June/ 1200 – 1400 & 1700 – 1900

Attests that influence comes through inquiry. The primary way leaders grow is to seek answers to what they do not know. The wisest leaders display an unquenchable curiosity that motivates them to examine themselves, to discover what drives their people and to investigate their world. John presents a number of significant questions leaders ought to pose in order to move themselves

—and their people—to a higher level. He also tackles the most challenging questions leaders encounter, lending insight into some of the thorniest issues that those who influence face.

Location: Google Meets

Link: <https://meet.google.com/bap-myjs-ydi>
(No password needed)

Duration: 2 Hours

Class Registration: QR Code or Appt Plus link

Talent Management – 17 June/ 1200 – 1400 & 1700 – 1900

Talent Management is an investment. Every company wants to have the best and brightest employees, and with Talent Management that can be achieved. The item that usually accounts for the highest cost for a company is its work force. With a company's workforce being the highest cost to it, does it not make sense to invest in it? With Talent Management you are developing a more skilled workforce and attracting a higher caliber of new employee.

Location: Google Meets

Link: <https://meet.google.com/bap-myjs-ydi>
(No password needed)

Duration: 2 Hours

Class Registration: QR Code or Appt Plus link

TFDC Facilitator Course – 30 June/ 1200 – 1400 & 1700 – 1900

Facilitator Training develops professional leaders within the Total Force across all Services & Coalition Partners. The Total Force Development Council organizes force development seminars, events and teams to enhance leadership management, and supervisory skills across the Kaiserslautern Military Community. While meeting these objectives, it augments PME through military application of commercial leadership tools and delivers targeted/tailored leadership curriculum.

Location: Ramstein Professional Enhancement Center (Bldg. 2106 Room 217)

Duration: 3 Hours

Class Registration: QR Code or Appt Plus link



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Pulaski Automotive Skills Center Drop-Off Services Available



Don't have time to sit around and wait for your oil change or tire service? Either stop by the Pulaski Auto Skills Center between 8 a.m. - 9 a.m. Mon – Fri to drop your vehicle off for service or you can make an appointment prior for drop off. Staff will provide you with a time before 4 p.m. that same day to pick-up your vehicle.

For more information or to make your appointment, contact:

Pulaski Automotive Skills Center

Pulaski Barracks, Bldg. 2859

DSN: (314) 493-4167

Commercial: [+49 \(0\)631-3406-4167](tel:+49(0)631-3406-4167)

Cost

Varies

Program

[Pulaski Automotive Skills Center](#)
